

If you have been diagnosed with Type 1 or Type 2 diabetes and want to learn more about how to manage it on your own:

- Take the form on the back of this brochure to your health care professional.
- Ask if he or she thinks you could benefit from this program.
- After the form is completed, please contact Jon Fritz at 719-530-2057, to learn more about how to enroll in the Diabetes Self-Management Education program.
- Classes will take place at the HRRMC Outpatient Services Pavilion on the hospital campus in Salida.

Diabetes Self-Management Education Program Recommendation Form

This is a recommendation for an adult patient to participate in a group diabetes education program where participants will learn about their disease and how to manage it.

I am recommending

Patient Name

Patient Phone Number

Diabetes Self-Management Education program

- 18 years or older
- Diagnosis of Type 1 or Type 2 diabetes based on:
 - Fasting blood sugar greater than or equal to 126
 - Two-hour post-glucose challenge greater than or equal to 200 mg/dL
 - Random glucose test over 200 mg/dL for a person with symptoms of uncontrolled diabetes

Health Care Provider Information

Signature

Name

Phone

Date



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REGIONAL MEDICAL CENTER

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HRRMC Wellness Program Manager

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DIABETES SELF-MANAGEMENT EDUCATION

*Eating right and living
well with diabetes*



HRRMC Outpatient Services Pavilion
1000 Rush Drive, Salida, CO 81201
www.hrrmc.com



It's all about you at
Wellness U



Diabetes Education is one of many programs offered through Wellness U, HRRMC's community wellness program. For more information about Health Coaching, the Lifestyle Management Program, our Open Gym and other offerings, please contact Jon Fritz at 719-530-2057 or email jon.fritz@hrrmc.net.



DIABETES: THE BASICS

- More than 29 million Americans have diabetes.
- In Chaffee County, 1,500 people have diabetes.
- Diabetes is a disease in which the body's inability to produce any or enough insulin causes elevated levels of sugar (glucose) in the blood.
- Type 1 diabetics have a total lack of insulin. Without insulin, cells cannot absorb glucose, which they need to produce energy.
- People with Type 2 diabetes produce too little insulin or cannot use insulin effectively. Since the body isn't able to use insulin the right way, it develops insulin resistance. As Type 2 diabetes gets worse, the pancreas may make less and less insulin which results in insulin deficiency.

What is Diabetes Self-Management Education (DSME)?

DSME is the ongoing process through which people with diabetes gain the knowledge and skills needed to modify their behavior and successfully self-manage the disease and its related conditions.

What can I expect from the program?

The program consists of four classes. Each week focuses on a specific topic. You must attend all four classes during a six-month period in order to graduate.

When are classes available?

Classes are scheduled from:

- 12–1:30 p.m. on the first four Mondays of the even months (February, April, June, August and October). Classes will **not** take place in December.
- 5–6:30 p.m. on the first four Wednesdays of the odd months (January, March, May, July, September and November).

What topics will be covered?

Topics include controlling your diabetes, healthy eating, monitoring your numbers and preventing complications.

Why would this be beneficial to me?

The goal of DSME is to help you solve problems and make informed decisions related to your diabetes as well as to learn how to take care of yourself and actively collaborate with your health care team. It could improve your clinical outcomes, health status and quality of life.

OUR INSTRUCTORS



Devon Moughan-Phillips
Registered Dietitian Nutritionist



Jon Fritz
Certified Diabetes Educator and
Certified Clinical Exercise Physiologist

